

The Benefits of Personal Worship

a study guide by Michael Hall

- I. Worship.
 - A. Two types:
 1. There are at least two categories of worship, understand the difference between the two.
 - a) The first is corporate worship.
 - (1) Most familiar: It includes activities most often done in church.
 - (a) Singing
 - (b) Reading Bible passages
 - (c) Prayers, and litanies.
 - b) The second type is personal worship. Private time alone with God.
 - (a) Important—worshipping alone with God speaking, out loud, to Him.
 - B. When we spend time in personal praise and worship to the Lord, we have an audience of two.
 1. We are speaking to Him but also speaking to ourselves.
 - a) We minister to God the worship He desires and deserves.
 - b) We also minister to your own soul words that are positive and uplifting.
 - (1) Difficult circumstances, depression, emotional pressures, are affected in a positive way.
 - (a) As I worship Him, I find my own emotions being stabilized.
 2. The most important thing that happens: We experience His presence.
 - a) Worship = presence.
 - (1) (Psa 22:3) But You are holy, O Thou that inhabits the praises of Israel.
 - (a) When we praise Him, He visits us, literally living in the Praises we offer Him
 - (b) As we behold Him in that inhabitation we are transformed:
 - (i) {2 Cor. 3.18} But we all, with open face beholding as in a glass the glory of the Lord, are changed into the same image from glory to glory, even as by the Spirit of the Lord.
 - (c) If the Goal of your life is to be transformed into His image, then Private Worship must be a part of the disciplines of your life.
 - II. Passages (Promises) concerning the presence of God:
 - A. (1 Chr 16:27) *Glory and honor are in his presence; strength and gladness are in his place.*
 1. When I'm experiencing tough circumstances or a difficult problem I need an extra dose of strength.
 2. Feeling bad about something that has happened, I need some gladness?
 3. God gives us that strength and happiness when we enter His presence.
 - a) Life would be different if you met every situation with gladness and strength.
 - B. (2 Chr 20:9) *If, when evil cometh upon us, as the sword, judgment, or pestilence, or famine, we stand before this house, and in thy presence, (for thy name is in this house,) and cry unto thee in our affliction, then thou wilt hear and help.*
 1. It is a comfort to know that God will hear and help
 - a) difficult times financially
 - b) challenges in relationships
 - c) problems at work
 - C. (Psa 16:11) *Thou wilt show me the path of life: in Thy presence is fullness of joy; at Thy right hand there are pleasures for evermore.*
 1. Hard things happen to us all the time. Examples:
 - a) Serious relationship problems
 - b) Loved ones die
 - c) Children get in trouble and we aren't sure what to do.
 2. Stand in His presence, He promises the fullness of His Joy.

- D. *(Psa 31:19-20) Oh how great is thy goodness, which thou hast laid up for them that fear thee; which thou hast wrought for them that trust in thee before the sons of men! {20} Thou shalt hide them in the secret of thy presence from the pride of man: thou shalt keep them secretly in a pavilion from the strife of tongues.*
1. No matter how hard we try, some people won't like us. Sometimes they can even hurt us in some way.
 - a) conflict with a co-worker or neighbor or fellow church member
 2. God promises to hide us in His own presence
 - a) shield us from the worst of those conflicts
 - b) keep us from strife
 - c) other people's insensitive or careless treatment of us
- E. In His presence comes order, stability, peace, and contentment.
- III. When we worship Him, He experiences joy in us as well.
- A. *(Zep 3:17) The LORD thy God in the midst of thee is mighty; he will save, he will rejoice over thee with joy; he will rest in his love, he will rejoice over thee with singing.*
1. God desires to be with us.
 - a) He rejoices over us with singing and joy.
 - b) God is happy to be with us, to know us, and to receive our praise and worship!
 - c) When you worship God you please Him and give Him pleasure.
- IV. Some nuts and bolts about worship. It just takes a little practice.
- A. Worshipping God simple as talking to Him and telling Him how you feel about Him.
1. I might say something like this
 - a) "Thank you God for sending your son Jesus to die for my sins.
I bless you Father for your gift of life.
Thank you Jesus for rescuing me from the darkness and showing me your light."
 - b) If that is all I can think of to say, then I say it again. If it comes from your heart, it is acceptable to Him.
- B. Choose activities that you do daily, something that is routine, as your cue to worship.
1. taking a shower
 2. driving to work.
 3. washing dishes, or vacuuming the floors.
- C. Plan to worship God when your "cue activity" comes in your day.
1. The cue event will help you remember to spend that time in worship
 2. As an example, I personally spend 40 minutes a day driving to and from work. It's a great time to worship!
 - a) I'm always alone during that time
 - b) Spending those 40 minutes worshipping the Lord is easy:
 - (1) It takes no time out of my schedule,
 - (2) It adds nothing to my day,
 - (3) I don't have to give up something else to worship God.
 - c) It sometimes helps to tape a little note to the dashboard to remind until it was a habit.
- D. Learning to worship God has changed my life.
1. My emotional stability has increased
 2. I make better decisions in my everyday life.
 3. God is not distant concept.
 - a) He is a close and constant friend.
 - b) He is my help when I need help.
 - c) He is my strength when I run out my own.
 - d) Life is interesting again, and I look forward to each new day.